## **PUBLIC PROGRAMS**

- Scheduled Recreational Swims
- Adult Lap Swims
- Senior Citizen Programs
- Swimming Lessons (Tots, Preschool, Youth, Adult)
- Water Exercise Programs
- American Red Cross Safety Courses
- Specialized Water Sports Training
- Competitive Team Programs

## **UPCOMING EVENTS**

-Jan 10 Kentridge High School Swimming Invitational

-Jan 15-18 Washington Open Swimming Invitational

-Jan 31 YMCA State Champs

-Feb 1 PNS Open Water Swimming Invitational

-Feb 7-8 Sea Otters WP International Open

-Feb 14-15 Iteman Japan vs CA-NV All Starts

-Feb 20-21 WIAA Boys State HS Swim/Dive Champs -Feb 25-Mar 1 PAC-12 Women's Swimming & Diving Champs

-Heb 23-Mar 1 PAC-12 Women's Swimming & Diving Cn -Mar 4-8 PAC-12 Men's Swimming Championship

-Mar 11-15 Speedo Swimming Champions Series

-Mar 19-22 PNS Age Group Sectional Swimming Champs

-Mar 28-29 Pacific NW Swimming Divisional Championship

-Apr 4 April Pools Day Community Activity Swim

-Apr 11-12 PNA Masters Swimming Championship

-Apr 18-19 Washington State Special Olympics Regionals

-Apr 24-26 Dick LaFave Swimming Invitational



**Weyerhaeuser King County Aquatic Center** 

650~SW Campus Drive, Federal Way, Washington 98023-8425

Seattle (206) 477-4444 Toll Free 1-855-952-9970

Visit our website at <a href="www.king.county.gov/parks">www.king.county.gov/parks</a>

## Weyerhaeuser King County Aquatic Center



Winter Schedule Jan 2 - April 19, 2015 Seattle (206) 477-4444 Toll Free 1-855-952-9970

650 SW Campus Drive Federal Way, WA 98023-8425 www.kingcounty.gov/parks

## **Recreation Pool**

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am -9:00	Maintenance	Adult/Senior Swim	Maintenance	Adult/Senior Swim	Maintenance	Special Events and Activities	Special Events and Activities
9:00- 10:00	Low Impact Exercise	Maintenance	Low Impact Exercise	Maintenance	Low Impact Exercise		
10:00- 11:30	Lessons	Lessons	Lessons	Lessons	Maintenance	11:30-1:30	11:30-1:30
11:30- 12:30	Family Swim	Public Swim	Public Swim				
12:30- 1:30	Adult/Senior Lap Swim	1:30-Rentals	1:30-Rentals				
4:30- 7:30	Lessons	Lessons	Lessons	Lessons	4:00-7:00 Rentals		
7:30- 8:30	Public Swim *						

<sup>\*</sup> Children younger than 6 years old must each be supervised in the water by an adult within arm's reach at all times

#### **SWIMMING LESSONS**

 $Morning\ Sessions\ (1/2hr,\ 10:00\text{-}11:30am,\ M/W\ or\ T/Th)$ 

Evening Session (1/2 hr, 4:30-7:30pm (M/W or T/Th)

Monday & Wednesdays Tuesday & Thursday

Jan 5 – Jan 28 (AM/PM/ 8 lessons) Jan 6 – Jan 29 (AM/8 PM/7 lessons, No PM class 1/15)

Feb 2 – Mar 4 (AM/PM/ 8 lessons, Feb 3 - Mar 5 (AM/7 PM/5 lessons, National Part 1 (AM/PM/ 8 lessons), Feb 3 – Mar 5 (AM/7 PM/5 lessons, PM 1 (AM/PM/ 8 lessons), Feb 3 – Mar 5 (AM/7 PM/5 less

No class 2/25 and 3/4)

Mar 9– Apr 1 (AM/PM/ 7 lessons,
No class 3/11)

No class 2/19, 2/26, 3/5 No PM 2/24, 3/3)

Mar 10– Apr 2 (AM/7 PM/5 lessons,
No class 3/12 No PM 3/10, 3/19)

### CANCELED SWIMS

Feb 20-21, Feb 24 (1:30-on), Feb 25-28, Mar 3 (1:30-on), Mar 4-7, Mar 19-22, Mar 28-29, Apr 18-19

**TELEPHONE RELAY SERVICE: 711** 









<sup>\*\*</sup> During Family Swims, all children must be accompanied in the water by an adult (one adult per three children)

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**Winter Schedule** Jan 2 - April 19, 2015 Seattle (206) 477-4444 Toll Free 1-855-952-9970

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# **Competition Natatorium**

Hours	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am- 8:00	Lap Swim*				
11:30- 1:30	Lap Swim*				
4:00- 6:30	Team Training				
6:30- 8:00	Team Training				
8:00- 10:00	Team Training				

<sup>\*</sup> To maximize use of the facility, team workouts are scheduled during lap swim times. Lanes for lap swimmers may be limited. The morning Lap Swim is currently in the 25 yard diving tank that is 16-17.5 feet deep. The afternoon Lap Swim is currently in the 25 yard competition pool that is 9-10.5 feet deep. It is intended for lap swimming only. The staring blocks are closed to lap swimmers. Entry into the water must be done in a careful, feet-first manner only. Circle swimming is required in lanes with 3 or more lap swimmers. Participants may be asked to pass a 25 yard swim test to be allowed to swim in the competition pool.

Canceled Swims:		Events:	
Jan 10	11:30-1:30		Kentridge HS Invitational
Jan 15-18	all day		Washington Open Swimming Invitational
Jan 31	11:30-1:30		YMCA Washington State Champs
Feb 1	11:30-1:30		PNS Open Water Swim
Feb 6-8	11:30-1:30		Sea Otters Water Polo International Open
Feb 14-15	11:30-1:30		Iteman Japan vs CA-NV All Stars
Feb 20-21	all day		WIAA Boys State HS Swim/Dive Champs
Feb 25-Mar 1	all day		PAC12 Women's Swimming & Diving Champs
Mar 4-8	all day		PAC12 Men's Swimming Championship
Mar 11-15	all day		Speedo Swimming Champions Series
Mar 19-22	all day		PNS Age Group Sectional Swimming Champs
Mar 28-29	11:30-1:30		PNS Divisional Championship
Apr 4	11:30-1:30		April Pool's Day Community Activity
Apr 5	11:30-1:30		Easter
Apr 11-12	11:30-1:30		US Masters PNA Swimming Champs
Apr 18-19	all day		WA Special Olympics
Apr 24-26	all day		Dick LaFave Swimming Invitational



### **2015 POOL FEES**

### **LESSONS**

Swimming lessons for all abilities are available for students year-round from ages 6 months through senior citizens. Pre-tests are held free of charge to determine proper class level placement. Specialty courses are offered including: CPR, First Aid, Lifeguard Training and Water Safety Instructor training. Private and semi-private lessons are offered on a very limited basis. Please call for the class schedule and registration information.

### **GENERAL ADMISSION (Tax Included)**

Recreation Pool:		Competition Pool:	
Rec Pool Family Swim**		Comp Pool Lap Swim	
Adults & Youth	\$3.25	Adult & Youth	\$5.00
Senior & People w/Disabilities	\$3.25	Sr Citizen (62+) & People w/Disabilities	\$3.75
Rec Pool Public Swim**			
Adults & Youth	\$3.25		
Senior & People w/Disabilities	\$3.25		
Rec Pool Adult & Senior Lap Swim			
Adult	\$5.00	Low Impact Water Exercise (Rec Pool)	
Sr Citizen (62+) & Disabled	\$3.75	Adult \$6.25 - 10-visit Card	\$56.25
Shower	\$3.25	Sr Citizen (62+) \$4.75 - 10-visit Card	\$42.75

#### RENTALS

Great for birthday parties, p	rivate groups and b	ousiness meetings. Scheduled during non-	program hours.
Rec Pool, 1-25 people	\$115.00/hour	Party Room Rental	\$37.00/hour
Rec Pool, 26-60 people	\$145.00/hour	Lobby Rental	\$89.00/hour + staffing & deposits

#### POOL PASSES

Save money while you swim! Swim at least three times per week to save money. Passes make great gifts.

Type	3 Months	1 Year
Youth (1 year-17 years)	\$107.50	\$312.00
Adult	\$156.75	\$456.00
Family	\$275.00	\$650.00
Senior Citizen(62+)	\$107.50	\$273.00
Disabled	\$100.00	\$260.00

## **GIFT CERTIFICATES**

Give the gift of health! Good for any programs.

**TELEPHONE RELAY SERVICE: 711** 









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 All children must be accompanied in the water by an adult during Family Swims (one adult per three children)